





## Thanks To Radio

Pilot Able To Help Sick Missionary  
In Lonely Arctic

Edmonton.—Airline officials disclosed how the faint crackle of a radio distress signal barely audible through the static of an Arctic summer night, brought help to a stricken missionary in the far north during the latter part of April.

The missionary, Father C. Adam, Oblate order priest with a parish along the lonely Arctic coast east of Coppermine, N.W.T., is now recovering in Fort Resolution hospital after being flown there by a Canadian Pacific Air Lines rescue plane.

Pilot Ernie Boffa and his mechanic, Thornton Tweed of Edmonton, were on a freighting trip at Yellowknife late in April when faint distress signals were received telling of Father Adam's illness at Burnside Harbor, Arctic outpost on Baffin Island, 1,000 miles to the north.

Loading extra gasoline in their eight-passenger Norseman plane, Boffa and Tweed took off and had Father Adam in hospital at Fort Resolution, 150 miles south of Burnside Harbor, the next day.

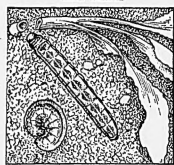
In Martinique in the past 300 years there have been 33 hurricanes, seven earthquakes, 11 tidal waves, two famines and one drought.

## Nixon's Daughter



Assistant Section Officer Kathryn A. Forbes, daughter of Hon. Harry C. Nixon, premier of Ontario, and Mrs. Nixon, was in charge of a recent draft of Royal Canadian Air Force Women's Division personnel, whose arrival in Great Britain has been announced. She is the wife of Capt. R. B. Forbes, 4th Canadian Infantry Brigade, Canadian army overseas, and was formerly junior administration officer at Uplands. She was stationed at air force headquarters for a short time before being posted overseas. A brother, Pilot Officer J. C. Nixon, R.C.A.F., was killed overseas in 1941.

## Garden Pests

Department Of Agriculture Suggests  
Ways Of Protecting Gardens  
And Plants

Cutworms are present in most gardens almost every year. These greyish-brown caterpillars feed at night, cutting off transplants and seedlings at the ground level. They hide in the soil during the day. The Division of Entomology, Dominion Department of Agriculture suggests that in small gardens, plants can be protected by wrapping paper loosely around the stems or by placing tin cans, with top and bottom removed, over the transplants. Be sure that the lower end of either protector is embedded in the soil.

In larger gardens, where the area to be protected is more extensive, poisoned bran bait will have to be used. This bait is composed of five pounds of bran, three ounces of paris green and two quarts of water.

Before transplanting, the bait should be sprinkled lightly over the garden. This should be done in the evening, following a warm day. Two applications are recommended at an interval of three days. As this bait is poisonous it must not be left exposed in containers where it will be available to young children, livestock, or birds.

## WINGS PARADE



R.C.A.F. - B.C.A.T.P.

LIST OF APPOINTMENTS  
The following airmen have recently been commissioned in Canada; it was announced by Royal Canadian Air Force Headquarters:

**Pilots**  
S. J. Gibson, Carleton Place, Ont.  
Thomas Foster, Arden, Sask.  
N. E. Curtis, Sturbridge, Man.  
W. L. Gwynn, Punnichy, Sask.  
D. H. Harrison, The Pas, Man.  
Walter Dick, Winnipeg, Man.  
H. E. Jones, Burnaby, B.C.  
J. E. Browne, Parkdale, Sask.  
Rudolf Millus, Odessa, Sask.  
W. M. MacKinnon, Pelly, Sask.  
M. J. Strong, Arden, Sask.  
Bertram Stephen, Rivers, Man.  
R. J. Bellamy, Arden, Sask.  
A. P. Huckle, Ebbwastown, Sask.  
H. G. Gillespie, Poun Lake, Sask.  
J. F. Wyllie, Prince Albert, Sask.  
W. B. Britton, Estevan, Sask.  
R. E. Romie, Gulf Lake, Sask.  
B. N. Colborne, Sioux Lookout, Ont.

## VERY EXPRESSIVE

Much that we admire in the English is symbolized by the way Winston Churchill pronounces the word "Nazi." In contrast to the careful, cultured, and somewhat respectful "Notzy" of the radio announcers, his "Nauzy" is a simple snarl of decision, implying that it's impossible for a plain man to get the hang of any such foreign word and in this instance, certainly not worth the trouble.—The New Yorker.

More than 10,000,000 people (nearly 20 per cent. of Britain's population) contribute regularly to the Red Cross "Penny-a-week" fund.

BEST VALUE—  
IN FLAVOUR & NOURISHMENT.IF IT'S  
'OGILVIE'  
IT'S  
GOOD!Ogilvie OATS  
Ogilvie 'BLENDEES'  
Ogilvie WHEAT-HEARTS  
'TONIK' WHEAT GERM

THE OGILVIE FLOUR MILLS COMPANY LIMITED

## SMILE AWHILE

He—Say, who is that funny-looking fellow who drives your car and works around in the garden? He always frowns at me whenever he sees me here.

She—Oh, don't mind him. That's only father.

"You can get anything at a mall-order house," remarked the lady next door.

"Everything, alas, but a male," sighed the spinster.

"Please, sir, I don't like the soup, sir."

"Nonsense!" said the officer briskly. "That soup is good for you. It's full of vitamins."

"There!" said the next private in a triumphant whisper. "I told you they wasn't flies!"

John and Sydney Drew, of the famous theatrical family of Drews, once found themselves playing in the same town at the same time—but in different attractions.

At the conclusion of their engagements someone asked Sydney how well they had succeeded in their rival productions.

With a sigh, Sydney replied, "John Drew, but Sydney didn't."

Sandy McTavish and his wife paused thoughtfully in front of the restaurant bearing a sign: "Dinner Here From 12 to 3—50c."

"Come, Annie," Sandy said approvingly, "three hours' eatin' for fifty cents is verra reasonable."

Mother (at breakfast)—You always ought to use your napkin, Junior.

Junior—I am using it, mother dear, I've got the dog tied to the leg of the table with it.

A gentleman from Utah once lured Mark Twain into an argument concerning polygamy, belaboring the humorist with long and tedious exposition in favor of plural marriages. Mark strove valiantly to beat down the claims of his adversary, but with little success. Finally the man challenged Twain to cite some passage of Scripture expressly forbidding polygamy.

"Certainly," replied the humorist. "No man can serve two masters."

"Waiter, it's almost an hour since I ordered that turtle soup."

"Sorry, sir, but you know how slow turtles are."

Mistress—Mary, how is it the eggs are sometimes boiled soft and sometimes so hard?

Mary—Well, mum, I'm sure I don't know. I put them in regular as the clock strikes eight, and I takes them out without fail when I hear the down train go by.

Him: "Well, I suppose you're plenty angry because I came home with this black eye last night."

Her (sweetly): "Not at all, dear. You may not remember it, but when you came home you didn't have that black eye."

The head of the house was reading a newspaper article very carefully. Presently he remarked to his wife: "Do you know, dear, I think there is something in what this article says—that the cleverness of the father often proves a stumbling-block to the son."

His wife heaved a sigh of relief. "Well, thank goodness," she said, "Our Bobby won't have anything to fall over."

The mockingbird—state bird of Florida—has been known to change its song 87 times in seven minutes.

Only about one American male in every 200 attains a height of six feet.

## The Art Of Forgetting

Try And Remember Only The Good  
Points Of Your Friends

If you would increase your happiness and prolong your life, forget your neighbor's faults, forget the slanders you have heard, forget the temptations, forget the fault-finding, and give little thought to the causes that provoked it, forget the peculiarities of your friends, and only remember the good points that make you fond of them; forget all personal quarrels and histories, which you may have heard by accident, and which if repeated, would seem a thousand times worse than they are; blot out as far as possible all the disagreeable of life. They will come and will grow larger as you remember them, and constant thought of acts of meanness or worse still malice, will only tend to make us more familiar with them. Obliterate everything disagreeable from yesterday. Begin with a clean slate for today, and write upon it, for sweet memory's sake, only those things that are lovely and lovable.—Exchange.

So rare is ice in some parts of Alaska that when Swan Lake near Sitka, froze over in January, 1940, school was dismissed so the children could skate.

## GEMS OF THOUGHT

LAW TO ONESELF

When the light begins within himself, a man's worth something.—Browning.

It matters not what you are thought to be, but what you are.—Publius Syrus.

Every man and woman should be to-day a law to himself, herself—a law of loyalty to Jesus' Sermon on the Mount.—Mary Baker Eddy.

The doctrine that rectifies the conscience, purifies the heart, and produces love to God and man, is necessarily true, whether men can comprehend all its depths and relations or not.—J. B. Walker.

We waste our best years in distilling the sweetest flowers of life into potions, which, after all, do not immortalize, but only intoxicate.—Longfellow.

The moral grandeur of independent integrity is the sublimest thing in nature, before which the pomp of Eastern magnificence and the splendor of conquest are odious as well as perishable.—Buckminster.

There are 15 species of American rattlesnakes, all poisonous.

**Roll your owners! Go for Ogden's!**

Old-timers in the West often took in their essential supplies by mule team... Many included Ogden's for they had discovered it to be a distinctive blend of milder, riper tobaccos... Follow the trail of the old-timers to "make a strike" of perfect smoking satisfaction.

Ogden's quality for pipe smokers, too, in Ogden's Cut Plug

**Ogden's FINE CUT**

## Education In Canada

THE RECENT MEETINGS of the Canada-Newfoundland Education Association, held in Winnipeg, have brought before the public some of the problems connected with education in Canada at this time. Dr. W. P. Percival, of Quebec, was the chairman of a committee which made the first Dominion-wide survey ever conducted to study the most vital educational needs of Canada, and he presented the results of this survey during the conference. The main points included in the report were the recommendations that the capital expenses for schools be paid out of special funds and the cost-of-education be doubled; that all children be educated until their sixteenth year and that they should attend school during part of their seventeenth and eighteenth year; and finally, that the basic salary for teachers in Canada should be \$1,321 a year, which is the present minimum in British Columbia.

## Citizenship To Be Emphasized

The report also carried recommendations that in the future emphasis should be placed on principles of morality, and that the importance of worthy citizenship should be impressed in the schools. It also stressed the need for the training of pupils in useful crafts, as well as in academic subjects and the report stated that "the time has come when the call for more practical subjects has reached the irresistible stage." The war has affected education, as it has almost every aspect of our national life, and it has brought into prominence many problems, some of which are being dealt with now, and others which are being studied in connection with the Dominion's plans for reconstruction in the years following the war. As in many other branches of public service, it is apparent that education in Canada could be developed to more fully meet the needs of the present day, and at the Canada-Newfoundland Education Association meetings these matters were studied.

## Wartime Needs Have Been Met

Educational needs of the country in wartime have been met by special provisions in the schools and universities in Canada. The Youth Training Plan, which has been carried on so effectively in the western provinces, has provided training for large numbers of technicians for the armed forces, munition plants, and other branches of war work. A great many men of the Royal Canadian Navy, The Royal Canadian Air Force, and the Army are also receiving technical training in Canadian universities. There are many questions of finance, of the adjustment of salary levels for teachers, of the creation of larger school units, and of a broadening of the curriculum, which should be given consideration now by all thinking people here. Education is a fundamental factor in the shaping of the life of the nation, and as it is improved, many of our present social and economic problems will disappear.

## A GOOD DINNER

Needs a tasty Appetizing Dessert...



The housewives of Canada, ever anxious to provide attractive and nourishing meals for their families, are "Housewives".

They have learned that delightful desserts, made easily and at little cost with Canada Corn Starch, are a welcome addition to meals prepared in accordance with Canada's Food Rules.

They know the high quality of Canada Corn Starch ensures fine, smooth results.

Follow Canada's Food Rules for Health and Fitness.

**CANADA CORN STARCH**

A product of the CANADA STARCH COMPANY, Limited

## For Cheerful Rooms

ALABASTINE

The Low Cost Water Paint for Walls and Ceilings



**Insist on Fire-Protective Wallboard!**

**GYPROC FIREPROOF WALLBOARD**

Being fireproof, Gyproc Wallboard will not burn, nor will it transmit destructive heat. Walls and ceilings of Gyproc act as a shield for the wooden framework. Only Wallboard made of Gypsum is fireproof—that's why it pays to insist on GYPROC Wallboard for its fire-protection!

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**OVERHEARD AT THE KNITTING CIRCLE**

I WRAP ALL MY LEFT-OVERS IN PARA-SANI... IT KEEPS THEM SO FRESH... I NEVER WASTE A THING!

**PARA-SANI Heavy WAXED PAPER**

Appleford PAPER PRODUCTS LIMITED

WINNIPEG - REGINA - SASKATOON - CALGARY - EDMONTON



YOUR BREAD IS AMAZING

MY YEAST IS AMAZING!

ROYAL YEAST CAKES

MADE IN CANADA  
PURE, DEPENDABLE  
ROYAL ENSURES  
RICH-TASTING,  
EVEN-TEXTURED,  
SWEET, DELICIOUS  
BREAD

Pattern For  
Disaster

BY J. B. RYAN

## CHAPTER VIII.

ESTEBAN strode from the room and returned a moment later carrying the black whip that was part of his gaucho outfit. The faint, distant, surging sound of appreciative understanding, and even Chris Morgan nodded to himself. Already he had seen that bullwhip become a deadly thing in the hand of Esteban Velasquez.

"Esteban!" With a startled cry, Rosita gripped her brother's arm. "You are not?"

"Yes, my dear," smiled Esteban. "It is either that or remain here until Captain Rojas comes to arrest us."

"But—" She continued to cling to him. "Verde has a gun, and a shot will bring Don Felix from the other side."

He patted her shoulder and disengaged his arm. "Do not be worried, Rosita. You have seen me use this whip every night. Surely the skill I have acquired to amuse others will not fail me in our hour of desperation."

Esteban was the first to crawl through the window. Morgan and Pancho helped Rosita to reach the ground. When all four were crowded between the walls of the two buildings, Esteban, the whip wrapped loosely around his own neck, tipped down the passage, moving slowly to allow the others to keep close to him and also in order that neither Verde nor Guillermo should become aware of this flank attack.

The opening of the passage appeared, a dull gray patch in the gloom. Esteban's hand brushed Morgan's sleeve in warning, and the American slowed to a stop, halting Rosita and Pancho in turn as the couple came abreast of him.

Esteban had not paused. His next step carried him out of the protecting darkness, and his measured gait became a glide.

IN THE semi-darkness the figure of Esteban dissolved into a blur. At the far corner of the house a blob of shadow stirred to become a similar nebulous shape. Raymond's Verde had become aware of Esteban's presence in the alley.

Suddenly the arm of Verde straightened. "Halt!" he commanded, his leveled pistol gleaming duly. Esteban's dangling arm had moved also. But where Verde's arm had swept in an arc, the hand of Esteban

simply moved forward and back, like a jotted pendulum.

Because of the distance and the darkness, Morgan was unable to follow the course of the activated bullwhip. But almost before Esteban's jerking hand had stilled, there sounded a sharp report. Verde jumped and the crack of the whip was followed by a shrill scream.

"Dios mio!" Verde staggered, clapping his hands to his face. The gun clattered on the stones and the fat man turned to run brokenly.

Again the whip sang and anarled. Esteban braced himself like a cowboy about to throw a roped steer; the leaping body of Verde seemed to halt in midair, then stopped backward heavily to the ground.

Then Morgan and Pancho arrived on the scene of action. Tio Pounced on the struggling Verde to allow Esteban to slacken the tightened whip. Morgan grabbed up the fallen pistol and faced the corner of the alley. Guillermo must have heard the cries of Verde.

Verde's hands were still clapped against his face as he was hauled to his feet. "Nombre de Dios!" he kept mumbling. "You have blinded me."

"No, señor," said Esteban. "I did not touch your eyes. I merely spit your cheek open to the bone."

GINGERLY Verde lowered his hands and blinked at his blood-stained palms. An expression of relief crossed his face at this evidence that his eyesight was unimpaired. Esteban did not remove the lash from about the prisoner's throat; as he had time to do with Morgan he leaped the coils around Verde, binding the man securely as though he had used a rope.

"Get Guillermo," he urged Morgan and Pancho. "Rosita and I can take care of this fellow. If we can get away in the car with the two of them we can keep them from causing more trouble until we figure out some way of proving their villainies."

To Pancho rounded behind Morgan, gripping the remnants of his broken knife. The two were half-way up the alley when a beam of light, flashing through the street ahead, dipped in and out of the alley.

Morgan slid to a halt in time to avoid being revealed in the brief glare. At the same time he caught the sound of motors and grinding brakes. Capt. Rojas had arrived.

Pancho gripped the American's sleeves. "Come back, señor," he advised. "We are late."

They heard the front door being kicked open; a car door slammed, followed by the grinding of brakes. Morgan whirled, breaking into a run to get out of the alley before the car headlights swept through it again. He and Pancho rounded the corner at full speed.

"Get out of sight!" Morgan cried to Rosita and Esteban. Their eyes are driving into these alleys to hunt us!" They did not have time to run the length of the valley, for the car was searching for Morgan could tell by the sounds, was already at the corner before he had taken a dozen strides.

Beside Morgan was the dark passageway between the houses, the cul-de-sac into which they had crawled through Pancho's window. It was a pocket in which they would be trapped if seen, but they were late, and if they remained in the open an instant longer they would be caught by the lights of the police car. Morgan started down the dark aperture, the others crowding in after him.

The headlights swept over the cobblestones, almost catching the leg of Pancho. Rosita flattened herself against one of the walls, as did Esteban and Pancho. But Morgan remained at the mouth of the passage, lifting the gun he held in his right hand.

"NO, SENOR!" Esteban whispered hoarsely. "Not that! If we shoot the police, that will make us criminals indeed."

"I shall kill no one," Morgan reassured grimly, "unless Guillermo is in that car directing the search. Keep quiet, Verde, and we may be able to get out of this yet."

The car, loaded with men, flashed past the hiding-place. Morgan's lifted arm extended and he pulled the trigger. The sound of the shot was followed by an even louder bang. Morgan had aimed at one of the moving wheels, and his bullet had sliced through the tire like a machete.

The car whirled in the grip of the unexpected blowout. As Morgan had hoped there was no room in the narrow alleyway for the driver to maneuver the rocking, twisting vehicle.

The headlights danced crazily from side to side as the driver fought to maintain equilibrium. All at once there came a resounding crash, and the street was plunged once more into darkness.

The car was tilted on two wheels, buried half its length into the hole it had created in the masonry. "Come!" Morgan cried, leaping out of the passage. "Now is our chance to get away!"

But Morgan took only one step in the direction opposite the overturned car. To Pancho caught his arm. "Let me lead the way," Pancho said eagerly. "No one in Buenos Aires knows the back streets as well as I. I get you out of sight, Rojas and Guillermo will never find us."

They left Verde, wrapped securely in the coils of the whip, seated on the ground. The rheumatic legs of Tio Pancho moved swiftly. He bent low to dart unseen around the tangle of the police car, then followed the alley long enough to circle the black building, the towers over his humble cottage. Here, Pancho ducked into another abeyant pocket, squirmed through and the tight-fitting door on a second of the waterfront's diabolical thoroughfares. Had Morgan stood still and closed his eyes until the count of 10, he would never have located his companions again, so twisted was the labyrinth through which Pancho was leading them, and so an effort to throw Rojas and Guillermo off the trail.

(To Be Continued)  
Pancho leads them to a hiding place.



Famous the world over for their long active life and outstanding service.

BURGESS BATTERIES

Squadron Leader



Sqdn. Ldr. C. N. Magwood, officer commanding the Canadian Wolf Squadron in fighter command. Magwood downed three enemy fighters in one week-end. His squadron is said to be one of the hottest fighter units, overseas.

**PRISONERS DONATE BLOOD**  
Over 400 inmates of the penitentiary at Kingston, Ont., have enrolled to donate blood to the Canadian Blood donor clinic. The local clinical staff visits the institute each week, treating about 60 volunteers each time.

Marines in 1775 used tomahawks for hand-to-hand fighting about sailing frigates.

## X-X OUR CROSSWORD PUZZLE X-X

No. 4832

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**HORIZONTAL**  
1 Plant droid  
4 Rim  
7 To hinder  
10 To make lace  
12 European  
13 Nocturnal  
14 River  
15 To destroy  
16 To gradually  
17 Muse of poetry  
18 Large sword  
19 Ancient alloy  
21 Fresh-water porpoise  
22 Wife of Socrates  
27 Colla  
28 To mint  
29 To entice  
31 Electrified particle  
32 Coating of sugar  
34 To sever  
35 Since  
36 Garbed  
37 Eaten away  
38 To rita  
42 Brain passage

**VERTICAL**  
1 Thus  
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3 Periodical allowance  
4 Thread leading to tang  
5 Wasp-quill  
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## Navy Divers Valuable

Have Furnished United Nations With Information About Enemy Subs

Important to the war but virtually unsung are the navy divers, men who proved their value during the African campaign.

They are responsible for getting many of the secrets which the United Nations have learned about enemy submarines.

Just as soon as a signal, "enemy submarine sunk, latitude 111, longitude . . ." is received, a naval tender steams to the position. A helmeted diver goes over the side.

Later, sometimes as much as two hours, he returns to the surface with such things as the U-boat's log and secret documents which occasionally reveal valuable information. Possession of a new code book, for instance, can mean a chance to intercept enemy orders.

This latter fact underlines the reasons for the navy's reluctance to publicize any submarine "kill" until some time after the event.

During the African campaign several cargo ships and transports were British. American navy divers were rushed into action, some of them being down from the United States. They worked day and night recovering drums of fuel, sealed containers of food and tanks and guns. In one case almost an entire cargo of manganese was retrieved.

## Has Luxurious Home

Norwegian Fascist Leader Employs Retinue Of Servants In Mansion

A palatial home, unparalleled in Norway for its luxuriousness, has been built outside Oslo by Vidkun Quisling, notorious Norwegian Fascist leader. He took over a fine old mansion, extended and renovated it, and at heavy cost installed bathing and ten pavilions and bomb-proof underground suite rooms with ceilings of concrete 12 feet thick and further layers of sand.

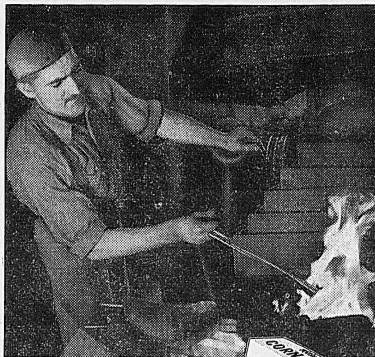
Quisling now has a retinue of 50 servants, 40 of whom are personal bodyguards armed with rifles and revolvers. Norwegian escaping to Britain say that trouble among members of the Quisling party spreads apace and attacks on Quisling followers are of daily occurrence.

## HARD TO REGULATE

One fault about food rationing, as we see it, says the Ottawa Citizen, is that the thing isn't based on "selective sacrifice." The thin man, who needs all the fat-producing provender he can put away, is on all fours with the stout fellow, who can get all the carbohydrates he requires on a diet of spinach and tap-water.

**MECCA OINTMENT**  
Burns, Sores, Cuts, Etc.

## DOBBIN'S COBBLER



**RUSH OF NEW BUSINESS** for blacksmiths like Fred Fiegel lately. "Been telling 'em for years to get a horse," chuckles Fred. "Maybe they'll believe me now." Nothing old fashioned about Fred's breakfast, though. Kellogg's Corn Flakes is his favorite. "Taste mighty good," he says. "The Mrs. likes 'em too. Says they only take 30 seconds to get ready, and no pots and pans to wash." You'll like Kellogg's Corn Flakes. Get some tomorrow. Two convenient sizes. Made by Kellogg's in London, Canada.

SAVE TIME - SAVE FUEL - SAVE WORK!

## Did Their Best

Repatriated Prisoners Reaching England Say Italians Treated Them Well

The joy of the men who have come home from Italian prisons has its pathetic side, little as they desire pity. One correspondent writes that the glum faces seen at the quayside tempted some to think they were not welcome; and they laughed aloud on discovering that the expression came of sadness for their impaired bodies. They themselves had forgotten disabilities in the gladness of being once more in England.

There is a touch of comedy in their disgust with the war-time macaroni of which they have had more than enough.

But the repatriated prisoners acknowledged that the Italians did the best they could for them. They are deeply appreciative of the goodness of the sisters of mercy in the camp hospitals. Their guards "one and all agreed that they had no desire to fight the British and hoped sincerely it would soon be over," while of German allies these guards spoke no kind words.—London Times.

## Superstitious Japs

American Airmen Gave Them Omen Of Bad Luck

American forces on Attu plagued the Japanese with their most dreaded omen of bad luck.

American propagandists discovered that in Japan there is nothing more feared than the premature falling of the leaves of the kiri tree. All kinds of misfortune are supposed to befall any village where this occurs.

So propagandists arranged for many kiri leaves to fall on Attu.

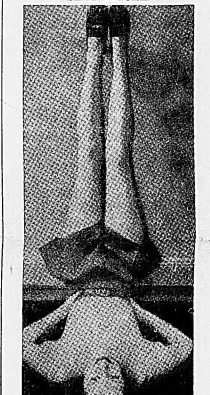
The story came to light after Arthur W. Schuett, naval aviation machinist's mate back from the Aleutians, told in St. Louis how American fliers had dropped "maple leaves" on Attu.

The office of war information explained that it was not the maple leaf at all, but the kiri leaf.

The original Punch and Judy show was written in 1600.

## HOME SERVICE

CAREFUL EATING HELPS FOR A SLIM FIGURE



## Exercise For Figure

You envy the lithe, young figures you see all around you and wish you could lose your ungainly fat and be youthfully slim also.

Despite all your wishes you do nothing to help yourself—you continue to eat heavy, starchy foods which are not particularly good for you and which add the pounds—you don't take any exercise, and all in all you don't take a sensible view-point of the situation.

You can virtually remake your figure by sane eating. Furthermore, by proper choice of food you can alter your entire outlook on life. You can actually be happier, more vivid.

Our 32-page booklet is full of helpful pointers on diet and exercise and points the way to the much coveted slender figure and the pep that spells youth.

It also has a safe 14-day diet which will aid you on the road to slimmest. Send 15c in coins for your copy of "New Way A Youthful Figure" to Home Service Dept., Winnipeg Newspaper Union, 175 McDermott Ave. E., Winnipeg, Man. Be sure to write plainly your name, address, and the name of booklet.

2521

## Stop the Itch of Insect Bites—Head Rash

For quick relief from itching of insect bites, head rash, shingles, etc., use our special cream. It is the only one that relieves itching, soothes, and cures. It is the only one that relieves itching, soothes, and cures. It is the only one that relieves itching, soothes, and cures.

Relieves distress from MONTHLY FEMALE WEAKNESS

Lydia E. Pinkham's Vegetable Compound not only helps relieve monthly pain but also cures the root cause of the trouble. It is the only one that relieves itching, soothes, and cures. It is the only one that relieves itching, soothes, and cures.



## Chinook Advance

Printed and published at Chinook  
Alberta, on Thursday of each week.  
Subscription rates \$1.50 a year \$2.00  
in U. S. A., payable in advance

Mrs. M. C. Nicholson  
Publisher and Proprietor.



Chinook United Church

Rev. R. W. French, B. A.  
Service will be held in the  
United Church every Sunday  
11:45 a.m.

For  
DRAYING  
Or

TRUCKING  
Any Kind  
Satisfaction  
Guaranteed  
ROBINSON  
CARTAGE

RESTAURANT  
Meals at all hours  
All kinds Tobacco  
and Cigarettes  
SOFT DRINKS and  
Confectionary  
ICE CREAM  
Mah Bros



from YOUR GROCERY, DRUG AND  
FOOD STORES—ALSO RESTAURANTS  
AND POST OFFICES

Dance Will Be Held  
Friday Night

There will be a dance on  
Friday Sept. 17th, held in the  
Chinook hotel, in honor of  
Mr. and Mrs. Jack Lee, who  
are leaving on Saturday for  
Calgary, where Jack has de-  
cided that it is his duty to join  
the Air Force.

Sgt. and Mrs. E. Robinson  
of Vernon, B. C. arrived in  
Chinook Saturday to spend a  
leave with their respective  
parents, Mr. and Mrs. Bayley  
and Mr. and Mrs. Robinson.

Low-Yield Wheat Farmers  
Will Get Gov't Bonus

Reports received at the  
head office of the Prairie Far-  
mer Assistance Act, Regina,  
indicated that a total of 150  
Alberta townships have re-  
ported wheat yields of less  
than 12 bushels to the acre.

As a consequence, govern-  
ment bonuses will undoubt-  
edly be paid to farmers with  
a low average yield this year.

Under the provisions of the  
act, an emergency year can be  
declared if a minimum of 90  
Alberta townships have a  
wheat yield of less than 12  
bushels to the acre.

Anglican Communion Chu-  
rch Service will be held next  
Sunday, Sept. 19 at 11:30

United Church Service will  
be held next Sunday morning  
at 11:45

Mrs. Thos Gilbertson who  
spent a week or two in Cal-  
gary returned Friday.

Mrs. William Tindall and  
son of Calgary arrived in  
Chinook this week and will  
spend a month with her  
mother, Mrs. A. Jacobson.  
Her son underwent an opera-  
tion in Calgary and is recuper-  
ating on the farm.

Mr. and Mrs. J. Dumanow-  
ski motored to Oyen on  
Tuesday.

Mrs. Marvin Seeger re-  
turned from the Hanna hospi-  
tal on Monday.

Mr. Geo. Aitken who has  
been a Calgary business visitor  
for a few days this week re-  
turned Thursday morning.

Mrs. Harry White and baby  
returned this week from the  
Hanna hospital.

NOTICE TO CREDITORS  
AND CLAIMANTS

IN THE ESTATE OF RICHARD  
GOODWIN, late of Big Stone,  
Alberta, Farmer, Deceased.

Notice is hereby given that all  
persons having claims upon the  
Estate of the above named Richard  
Goodwin who died on 20th January,  
1943 are required to file with the  
undersigned by 16th October 1943  
a full statement duly verified of their  
claims and of any security held by  
them, and that after that date the  
Administrator will distribute the  
assets of the Deceased among the  
parties entitled thereto having re-  
gard only to the claims so filed or  
which have been brought to his  
knowledge.

Dated at The Court House,  
Calgary, Alberta, 15th September,  
1943.

D. L. Sloan,  
Public Administrator for the  
Judicial District of Hanna.

The Ladies' Card Club met  
on Thursday at the home of  
Mrs. A. S. Nicholson. Hon-  
ors were shared by Mrs. W.  
Wilson and Mrs. L. Robinson.  
At the close lunch was served.  
The Club will meet next  
Thursday evening at the home  
of Mrs. Robinson.

Rev. and Mrs. French of  
Yonkton were Chinook  
callers Thursday.

## WAR...

## - - -What is War?

To our children, war is something they  
read about in the comic strips, something  
Superman and Joe Palooka are looking  
after. What the war is doing to their world  
—their future—has no meaning for them.  
They're interested in fun—not futures.

But you know we can't leave the war to the  
Joe Palookas and the Supermen any more  
than we can leave the future to blind  
chance. You can help WIN THE WAR  
and you can build for the future by invest-  
ing in...

WAR SAVINGS  
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The ALBERTA PACIFIC ELEVATOR AGENT

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[1] Free Press-Prairie Farmer 1 Yr.  
[1] Western Producer 1 Yr.  
[1] Country Guide 2 Yrs.  
[1] Canada Poultryman 2 Yrs.  
[1] Canadian Silver Fox & Fur 1 Yr.  
[1] Canadian Horticulture & Home 1 Yr.  
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SEEDTIME  
HARVEST

By  
Dr. E. V. Naylor  
Director, Agricultural Department  
North-West Territories and Yukon

Most Varieties, Yesterday, Today,  
and Tomorrow

Red Fife should be remembered  
with respect, since it was largely  
responsible for establishing our  
reputation for high quality wheat.  
It shivered badly and got so late  
that fall frost was an annual peril,  
its doom was sealed by the stem  
rust epidemic of 1916 when it was  
already on the way out.

Marquis did not chatter, was very  
much to escape many frosts which  
would have ruined Red Fife, and it  
certainly suffered less from stem  
rust. Plant breeding had made great  
 strides; but stem rust was still causing  
 enormous losses. Earlier varieties,  
notably Ruby, Reward and Garret  
 were distributed and served a useful  
 purpose in some areas. Kula and  
 Ceres had a measure of resistance to  
 stem rust, but it remained for  
 Thatcher to do to Marquis what a  
 latter had done to Red Fife.

Now, in Manitoba, Regent and  
 Warden are gathering Thatcher by  
 virtue of their resistance to leaf rust.  
 Some improvements have been  
 made by a small body of under-  
 paid agricultural scientists at a cost  
 of, probably, much less than one  
 (one-centimetre) bushel per year!

The most important battles now  
 confronting the wheat breeder are  
 wheat stem sawfly and drought.  
 I have no hesitation in saying that  
 these two problems are more diffi-  
 cult than were late ripening and  
 stem rust. Indeed, the drought  
 hazard can never be removed,  
 though it will be reduced. Enormous  
 quantities of breeding material must  
 be handled and many different  
 crosses investigated. If wheat grow-  
 ers are wise, they will see that this  
 item is prominent in post-war govern-  
 ment budgets.

Only  
**2¢** per  
cake  
to insure  
sweet,  
tasty bread

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YEAST  
CAKES

MADE  
IN CANADA

FULL STRENGTH  
...DEPENDABLE  
IN THE AIRTIGHT  
WRAPPER